Meat the enemy

But some dieticians say so-called health risks are a little out to lunch

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Ottawa metro

CANADIAN MEDAL COUNTER 2 2 9

JOHANNA SCHNELLER

The Get Down amping up like one of Flash's beats

metroLIFE

Your essential daily news | MONDAY, AUGUST 15, 2016

High 27°C/Low 18°C Mix of sun and cloud

Usain Bolt of Jamaica wins the men's 100-metre final ahead of Justin Gatlin of the U.S. and Andre De Grasse of Canada at the Olympic Games. Bolt won gold with a time of 9.81, Gatlin won silver in 9.89 and De Grasse took bronze in 9.91. GETTY IMAGES

DE GRASSE DE MAN

Sprinter Andre De Grasse the first Canadian male to reach the podium (Bolt didn't do so bad either)

RIO

Fatal shooting at nightclub

BYWARD MARKET

Mustafa Ahmed — considered armed and dangerous — wanted by police

Haley Ritchie
Metro | Ottawa

Ottawa police are on the hunt for a man considered armed and dangerous in connection with a fatal shooting inside a ByWard Market nightclub Sunday morning.

Police say Omar Rashid-Ghader, 33, was shot multiple times inside the Sentral nightclub on Dalhousie Street and was pronounced dead at the scene.

Wanted by police is Mustafa Ahmed, a 28-year-old man described as five feet 11 inches tall, approximately 141 pounds, with a slender build, black, long wavy hair, and brown eyes.

Friends of Rashid-Ghader were gathered outside the taped off crime scene on Sunday morning, visibly upset as forensics investigators took photos and marked evidence outside the club and neighbouring restaurants.

A Sentral staff member was speaking with police on Sunday outside the club, but declined to give his name.

"It's a messy situation," he told reporters. "It just really sucks because of the big event. We bring a big artist down and it was his first time in Canada."

Around 3:20 a.m. on Sunday a woman who had been inside the Sentral nightclub on Dalhousie Street left the club and ran to a nearby police cruiser to report that a man had been shot, according to Duty Inspector Sean McDade. The officer in the cruiser called for backup and another officer arrived within a minute.

"The two of them entered the bar as many patrons were fleeing," said McDade. "They cleared the establishment to ensure that there was no threat continuing and at that point they found a male victim who had been shot."

The officers administered CPR and called Ottawa paramedics.

An employee who spoke to reporters Sunday morning said the club has wall-to-wall security cameras that they'll be releasing to police and said everyone entering the club is padded down before they come in.

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metro NEWS

Your essential daily news

First Canadian case of Zika-related anomalies has been confirmed in a fetus.

IN BRIEF

Police investigating suspicious death
The OPP in Renfrew County are investigating a suspicious death in Horton Township.

The area being investigated is west of Arnprior currently focused at a location on Cobus Road.

Officers from the crime unit of the Renfrew OPP are working with forensics and regional detectives in the investigation is ongoing. METRO

Taxi companies sue city
Capital Taxi and Coventry Connections partner Marc Andre Way are launching a $215 million lawsuit against the City of Ottawa, alleging negligence over the new Uber-friendly bylaw.

In a statement of claim sent to the city on Friday afternoon, Capital Taxi alleges the city had a "direct and close relationship" with cab drivers and has failed to protect them in the new taxi bylaw. METRO

Police arrest man wanted in 2015 sex assault
A man who fled Canada after allegedly sexually assaulting a former University of Ottawa student was arrested this week at the Ottawa airport.

Ayham Aloulabi, 27, is charged with sexual assault and overcoming resistance by attempting to choke. He will appear in court on Aug. 22. METRO

Hairstylist app aims to help women of colour

BEAUTY SERVICE

Bantu helps users find a salon, stylist to suit their needs

The lack of hair-care services for people of colour is enough to, well, make you want to pull your hair out.

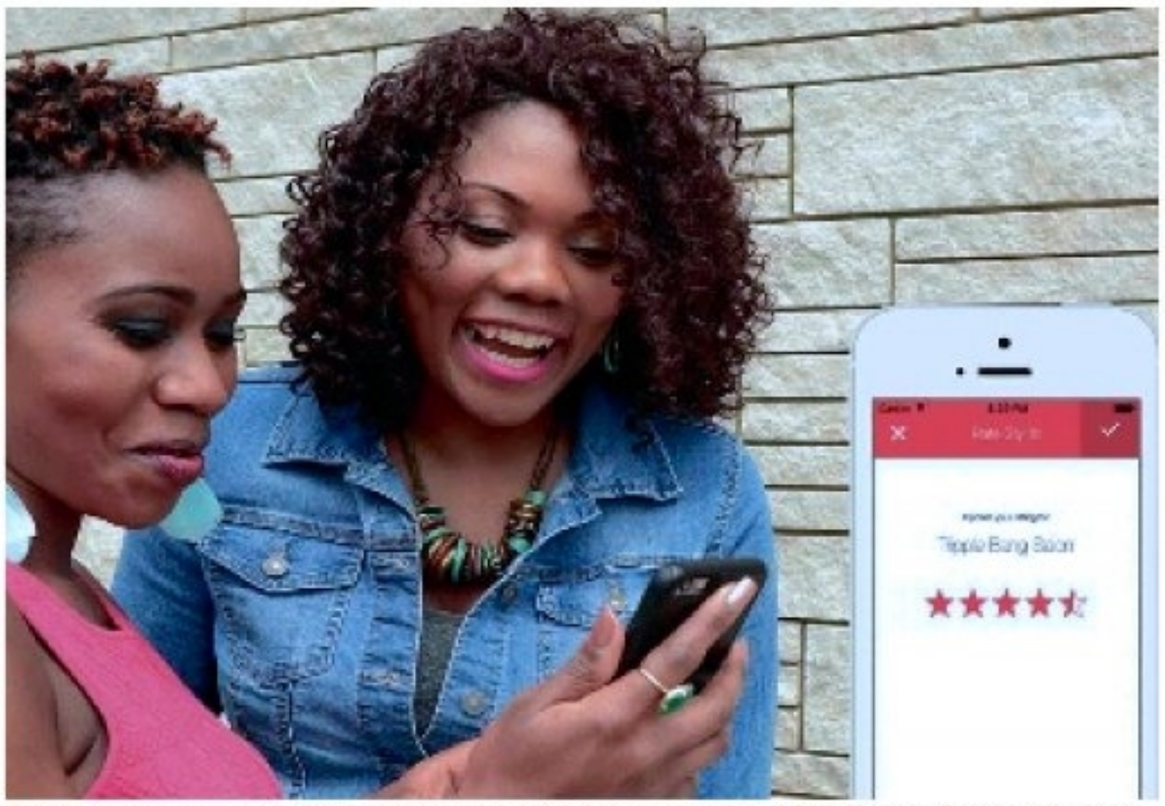
Bantu is a beauty service app that enables women of colour to find a hairstylist in their area.

It offers filters based on location, price and types of hairstyles. Women can chose from 64 hairstyles and can rate the hairstylists on a five-star scale.

The idea came about when John Eke, Bantu's founder and product developer and a person of colour himself, started getting requests from many of his female friends asking him if he knew any good stylists in the area.

"If a female is asking a guy about where they can get their hair done, it just immediately feels like we need to start an app for something people actually need," the Ottawa entrepreneur says.

"We like to focus on the black female demographic and the discovery component. As they are a minority in North America, it's hard because the majority of salons and stylists aren't trained to take care of black hair," Eke adds.



The Bantu App, co-founded by Ottawa entrepreneur John Eke, brings hairstylists and women of colour together. BANTUAPP.COM

> It's hard because the majority of salons and stylists aren't trained to take care of black hair.
> John Eke

Black women are sort of left to sort through online website pages like Craigslist or Kijiji or word of mouth. We want to make the process more seamless and mainstream."

Created two years ago and launched in January 2016, Bantu is used across Canada, the United States, France and the United Kingdom.

About 400 hairstylists have created profiles and 10,000 users have downloaded the app on iPhones.

The app is not yet available on Android devices, but there are already 1,500 people on a waiting list.

Bantu offers simplicity when creating a listing. Once participating hairstylists have created their profiles and submitted their file, their listings are immediately available to anyone in that area looking for a stylist.

Meron Berhe, Bantu's co-founder, says it has further plans on expanding its analytical component. MAYA GWILLIAM/OTTAWA BUSINESS JOURNAL

FOOD

Savour Ottawa kicks off

Emma Jackson
Metro | Ottawa

Love local food but have no idea how to cook it?

Savour Ottawa has you covered this week with its 10-day Summer Tables event celebrating local farmers and the chefs who love them.

Nine restaurants across the city will team up with local producers to serve up fresh, gourmet meals right from Ottawa's backyard between now and Aug. 21.

The fine dining experience:

Signatures — that fancy Cordon Bleu restaurant on Laurier Avenue — is new to the event this year.

It will offer a set three-course menu designed by chef Yannick Anton, featuring local ingredients from Rochon Farm, H&H Lacroix, Mariposa Farm, Halls Apple Market, and Heavenly Honey.

Other fine dining restaurants participating this year include The Albion Rooms and the Fairmont Chateau Laurier.

The ultra-casual:

The Red Apron on Gladstone Avenue is known for its comfy, cozy take-home meals, and now you can pick up a package that truly tastes like home.

The neighbourhood gem:

You'd be forgiven if you've never heard of Perfection-Satisfaction-Promise, which until now has thrived off University of Ottawa business for the past 20 years. Other vegetarian restaurants in the event include the Green Door and The Table.

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3 NEW ADDITIONS COMING TO THE WESTBORO BRAINERY

Unlocking the secret world of nerds or learning to crochet the perfect baby blanket may not sound like school, but to the Westboro Brainery it's essential learning. The Brainery is back at the Dovercourt Recreation Centre this fall with workshops led by self-appointed experts in everything from living a zero-waste lifestyle to understanding your teens. Check out some of this fall's new additions. **EMMA JACKSON** METRO

COURTESY MICHAEL PETRESCU

1 The perfect brew

Want to become the ultimate coffee snob? Michael Petrescu, pictured, claims to know the way. The computer programmer is a self-taught expert in all things coffee, and will share his secrets Sept. 24 with a workshop, demo and blind tasting.

According to Petrescu, evaluating a good cup of coffee is pretty objective, at least when it comes to the basics.

You may have a preference for more acidic or chocolatey coffees, but no coffee will win a competition if it's sour or burnt, he said.

He'll go over those criteria, and then lead a blind taste-test to see if his students can pick out the better brews.

"I'm looking to challenge people on their thoughts on what makes a good coffee," Petrescu said.

We love the variety. It's a mixed bag. Sarah Banks, organizer, who said the program is popular because one-off classes don't require a huge commitment.

HOW IT WORKS

Local "experts" can pitch a class on pretty much anything they want. This year the list ranges from a lesson in bullet journaling to the city's new coach house rules to a history of comic books. They're usually pretty small class sizes, and generally cost $15 each. You have to register in advance, and some sell out quickly.

COURTESY PIXABAY.COM

2 Ultimate blowout

Haven't you heard? The blowout is the latest craze in hair styling and Allison McKinley is going to teach you how to do it properly.

Students will join McKinley at Salon My Place in Westboro to learn the best tools and techniques to create a rockin' blowout that will last all week. "It's a bit of a throwback to our grandma's generation when women would come in for roller sets," McKinley said. She'll offer a practical demonstration while she tries desperately to convince her students to invest in top-quality hair dryers, flat irons and hair products.

"One of the biggest problems is using the wrong products for their hair or using cheap products from the drug store," she said.

The workshop is set for Sept. 26, and costs $20. Don't worry, there will be wine.

FALL WORKSHOPS

For a complete list of workshops visit westborobrainery.ca.

COURTESY AMY LONGARD

3 Kombucha craze

It wouldn't be a Westboro workshop series without giving some love to that favourite hipster health drink, kombucha.

For the uninitiated, kombucha uses black or green tea, a bacterial and yeast "mother" and a bit of sugar to create a fizzy drink that fans claim offers a long list of health benefits.

Holistic nutritionist Amy Longard admitted the science is out on the specifics of kombucha's medicinal value, but said she's been convinced by the anecdotal success of her clients who have overcome gastro-intestinal problems, anxiety and other issues.

It's easy to make at home, she said, but can be a bit intimidating to get started. To help, she'll lead a workshop on kombucha basics Nov. 21 that will send students home with their own starter kit. From there, its all part of a larger lifestyle change.

"For a lot of people its an alternative to drinking something like a pop," Longard said.

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CRIME

Police called to four shootings on Sunday

Haley Ritchie
Metro | Ottawa

Sunday brought the total number of shootings in Ottawa up to 43, including reports of gunshots in Overbrook, Blackburn Hamlet, Cyrville and a fatal shooting in the Byward Market.

The incident at Sentral nightclub downtown left Omar Rashid-Ghader, 33, dead, making his death the 11th homicide in Ottawa this year. Just as that shooting happened, police were called at 3:27 a.m. to another shooting east of downtown on Presland Road in Overbrook. Police say one victim was hospitalized for a non life-threatening gunshot wound.

Two hours later at 5:15 a.m. another call came in with a third shooting reported in Blackburn Hamlet. There were no victims in that shooting in the 2600 block of Innes Road.

On Sunday afternoon police were investigating a reported shooting at Ogilvie Road and Cummings Avenue.

IN BRIEF

Two dogs shot and killed after attacking woman

Two large dogs were shot dead by police Saturday morning after they attacked a woman in the east end. A 66-year-old man who tried to help the woman was injured. Both animals were loose in the Orleans area bordered by 10th Line Road, Tompkins Avenue, Des Epinettes Avenue, and Duford Road. The 25-year-old woman had severe lacerations on both upper arms and cuts to her head, face, back.

HALEY RITCHIE/OTTAWA

Ontario considers additional changes to gender on ID cards

IDENTITY

Ottawa wants to see more consistent procedures

Ontario is considering more changes to the collection and display of gender information on government documents, not long after announcing gender-neutral drivers licences and health cards.

Public consultations launched earlier this month look at how gender information is treated on government forms and identification documents, including birth and marriage certificates.

A preamble to an online survey says "people with transgender and non-binary gender identity may face barriers and other negative outcomes when trying to access services" so the government wants to ensure its policies are inclusive.

Ontario has already announced that starting in early 2017, drivers will be able to select an X instead of an M for male or F for female on their licences.

People can also now obtain health cards without sex information displayed on the front of the card.

"There's more work to be done on this, so we're reaching out to Ontarians to make sure we develop good policy that the government can use to make appropriate decisions about when and how to collect, retain, use and display information about persons sex and gender," Christine Burke, a spokeswoman for the government and consumer services minister, said in a statement.

Trans advocate Susan Gapka would like to see sex and gender not displayed on birth certificates. The type of changes the government is contemplating are relatively easy and low-cost to achieve, but mean so much to the community, she said.

"I was born again, so to speak, 20 years ago," Gapka said. "Now I have to renew my health card and having the correct or the accurate way that I feel best describes me, as female, is really, really important to me. In fact, I had to change laws. We had to change laws and change society's opinions so I could have that."

The consultation survey says the government is proposing to collect gender information as the default and sex information only if needed. For example, sex is necessary for the Ontario Health Insurance Program, it says.

Greater use of X as a gender identifier is also possible on other identification, such as photo ID cards for people who do not have driver's licences. And, the consultation document says, the government wants to see a consistent process for people who identify as trans or non-binary — defined as people who don't identify exclusively as male or female.

"We also want to propose a policy where — once you change your sex information on your Ontario birth registration, you can use your birth certificate to change your sex information for any other government ID or service," it says.

The survey asks participants what they think are good reasons for collecting and displaying sex and gender information on government ID, such as identification, law enforcement and fraud prevention, statistical evidence, health care and personal safety, for example to help someone access services at a shelter.

"If you don't have documents that say who you are, that can be really isolating," Gapka said. "It can give you a feeling that you're not as good as everyone else and you're not as valued as everyone else, (that) people don't believe you."

THE CANADIAN PRESS

CLOSING DATE

The consultation closes on Sept. 16.

Trans advocate Susan Gapka would like to see sex and gender not displayed on birth certificates.

VINCE TALOTTA/TORSTAR NEWS SERVICE FILE

> **Having the correct or the accurate way that I feel best describes me, as female, is really, really important to me.** Susan Gapka

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COMMUNITY

Muslim tour aims to break down barriers

Ryan Tumilty
Metro | Edmonton

The first thing Omer Ahmed wants his fellow Canadians to know as he travels across the country is how thankful he is.

The second thing he wants them to know is that not everything they hear about Islam is accurate.

Ahmed is part of the Ahmadiyya Muslim Community and is touring the country as part of a goodwill tour, called Mobile Muslims, marking the 50 years the community has been in Canada.

Visiting communities all over the country was their way of thanking Canada for taking in the first members of the community 50 years ago as refugees from Pakistan and giving them the freedom to practice their religion.

"We wanted to go coast to coast thanking Canada, meeting as many people as possible," he said in front of the group's trailer.

With a near constant barrage of bad news stories linking Islam with terrorism and violence, Ahmed said they also wanted to clear up some of the misconceptions about his faith.

Ahmed said his community emphasizes non-violence and believes Daesh and other terrorist groups are ignoring the teaching of Islam for their own murderous ends.

The group travelled through Eastern Canada beginning in St. John's and travelling through to Toronto, before heading out on a Western Canadian trip that has taken them through Northern Ontario, Manitoba, Saskatchewan and now Alberta over the last 14 days.

Dr. Mohyuddin Mirza, with the local Ahmadiyya community, said the tour helps break down misconceptions and sets up a mutual level of respect.

"If the misunderstandings are removed than it can be the start of a good relationship."

Omer Ahmed and Dr. Mohyuddin Mirza stand in front of the Mobile Muslim trailer in Edmonton, Alta. on Sunday, which Ahmed has used to travel across Canada. RYAN TUMILTY/METRO

Feds prepare for U.S. election outcome

The Canadian government has begun a wide-ranging exercise to plan for the potential effects of the American election, including the possibility of a President Donald Trump threatening to scrap the North American Free Trade Agreement.

The government is mapping out a complex array of outcomes for various results including a Democratic presidency; a Republican presidency; and either a Congress where both parties split power, or one dominates.

The process involves the embassy in Washington, Canada's dozen consulates in the U.S., numerous federal departments, and it is being centrally co-ordinated by the ministers on the cabinet committee for Canada-U.S. relations.

"If I tried to show you an organizational chart it would take up an entire wall," Canada's ambassador to the U.S., David MacNaughton, said during an interview in his office overlooking Capitol Hill.

There are two broad components to this quadrennial exercise in planning for the transfer in power of Canada's next-door neighbour, and behemoth of a trading partner. The first is researching the issues and players.

The second is outreach. Amid a surge of protectionist sentiment, the government is seeking allies.

He's also listing the implications of different election results for important files.

Some issues will be deeply affected — the ones where U.S. parties disagree. Climate change is an obvious example.

"We have to be well-prepared for any eventuality," MacNaughton said. "And we have to be realistic about what the opportunities are and what the problems are going to be."

THE CANADIAN PRESS

Iraqi refugees from Mosul arrive at Khazir refugee camp outside Irbil, north of Baghdad, Iraq, on June 11, 2014. Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to an internal government case study into the Iraqi resettlement program. THE CANADIAN PRESS/THE ASSOCIATED PRESS

Iraqi refugees fared worse: Internal study

IMMIGRATION

Lessons from Iraqi experience applied to Syrian program

Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to an internal government case study into the Iraqi resettlement program.

The 19,427 Iraqis who arrived between 2009 and 2014 faced numerous barriers, including the trauma of the war, greater medical needs and a lack of English and French compared to others, the study found.

The data offer insight into what lies ahead for the nearly 30,000 Syrian refugees who have arrived since November, because the demographics of the two groups share some similarities, researchers say.

But the study also reveals that the groups settling Syrians last fall and earlier this year reported many of the same challenges that had already been encountered during the Iraqi experience.

The surge of Iraqi arrivals strained resources, while the complexity of the cases made it hard to provide the right support, researchers were told.

Refugees also received little information about what to expect when they arrived and struggled to find affordable housing on income supports that didn't cover the high cost of living in urban centres, the study found.

The Immigration Department said it applied some lessons from the Iraqi experience to the Syrian program.

Those lessons included improving communication with sponsorship groups, expanding the number of cities receiving government-assisted refugees and the use of international agencies to help in resettlement.

A more material change for the refugees, however, was an increase in the maximum amount of income support a family is eligible to receive — $50,000 as of May, up from $25,000.

"Some things unique to the Syrian resettlement initiative, including the resettlement of 25,000 refugees in about 100 days, made some of the lessons learned difficult to apply, but which continue to inform our processes as we go forward," department spokeswoman Sonia Lesage said.

Syrians also arrived in a different context: there was more public attention, including groups actively stepping up and offering jobs, language classes and even private-sector support to help cover housing costs.

And though Iraqis were older and better educated than Syrians, they were also arriving just as the global economy began melting down, likely making job prospects harder in the short term, said Jennifer Hyndman, director of the Centre for Refugee Studies at York University.

Nonetheless, the Iraqi study found that privately sponsored refugees fared slightly better than their government assisted peers.

More Syrians so far are government assisted, she noted and that could suggest the outcomes may end up worse. THE CANADIAN PRESS

BY THE NUMBERS IRAQI REFUGEES

19,427	8,340	30.5	10
Number of Iraqi refugees resettled in Canada between 2009 and 2014	Number of those who were government assisted.	Percentage of refugees who were under 18 years of age	Percentage of those with a university degree

BY THE NUMBERS SYRIAN REFUGEES

29,713	16,129	40	2
Number of Syrian refugees resettled in Canada since Nov. 4, 2015	Number of those who are government assisted.	Percentage refugees who, as of January, were under the age of 14	Percentage of government assisted refugees had a university degree

IMMIGRATION DEPARTMENT REPORTS

Muslims fearful after imam slaying

NEW YORK

Friends say shooting of mosque leader a 'hate crime'

The daylight slaying of a mosque leader and his associate set off fear and anguish Sunday among Bangladeshi Muslims in a New York City neighbourhood, with some saying the killings appear to be an anti-Muslim hate crime. But police said there is no evidence so far to support that.

Police hunted for the gunman who killed Imam Maulama Akonjee, 55, and Thara Uddin, 64, near the Al-Furqan Jame Masjid mosque in Queens as they left afternoon prayers Saturday in their traditional religious attire. Both men were shot in the head.

"This was a hate crime. One hundred per cent, there's no doubt about it," said Monir Chowdhury, who worshipped daily with the two men.

He said he had moved to the community because of its large Bangladeshi immigrant population, but in recent months has been harassed by people shouting anti-Muslim epithets. In one incident, a man called him "Osama" as he walked to the mosque with his three-year-old son. With the killer still on the loose, Chowdhury decided it would be best to drive to prayer services.

Maulama Akonjee
THE ASSOCIATED PRESS

Police released a sketch early Sunday of a dark-haired, bearded man wearing glasses. Police said witnesses described the shooter as a man with a medium complexion.

Investigators said they have not established a motive in the attack. On Saturday, Deputy Insp. Henry Sautner said there was "nothing in the preliminary investigation to indicate that they were targeted because of their faith." Akonjee was carrying about $1,000 in cash that was not taken during the shooting, police said.

On Sunday, neighbours in the Ozone Park section were skeptical of what police had found so far.

Chowdhury said he has felt the mood in the neighbourhood change drastically in the last few months and accused Republican presidential nominee Donald Trump of spreading anti-Muslim rhetoric.

Trump's campaign said in a statement that it was "highly irresponsible" to blame a political candidate for the violent attacks.

Mashuk Uddin just couldn't believe it was true, shaking as he heard the news that his brother, Thara, a devout Muslim, had been gunned down.

Naima Akonjee, 28, one of the imam's seven children, said her father was a caring man who would call her just to check up on whether she had eaten properly.

Police said they were reviewing surveillance video showing the victims being approached from behind by a man in a dark polo shirt and shorts who shot them and then fled south on 79th Street with the gun still in his hand. THE ASSOCIATED PRESS

WEATHER STORM WREAKS HAVOC ON LOUISIANA This image shows flooded areas in Denhamp Springs, La., on Saturday. Louisiana Gov. John Bel Edwards says more than 7,000 people in south Louisiana have been rescued from homes, vehicles and even clinging to trees as a slow-moving storm hammers the state with flooding. A National Weather Service meteorologist says the low-pressure system that drenched south Louisiana has moved into Texas. THE ADVOCATE VIA THE ASSOCIATED PRESS

PAWTUCKET, RHODE ISLAND

'Sick of Scandals' ticket on ballot

A candidate trying to unseat the incumbent mayor of Rhode Island's fourth-biggest city isn't a Democrat or Republican.

John Arcaro declares himself a member of the "Sick of Scandals" movement, and state election officials are allowing him to include the phrase on the ballot next to his name.

Arcaro said he came up with the idea to get corruption-weary Pawtucket residents behind his candidacy.

He also believes the phrase has universal appeal, not just in a small state with a history of cronyism.

"We obviously have a very notorious reputation," Arcaro said. "But the opportunity's pretty much everywhere, or the conditions to be corrupt and so forth."

Arcaro said he was partly inspired by New York's Rent is Too Damn High Party, whose founder attracted wide attention for his populist campaigns for governor and other offices.

Independent candidates who don't belong to a registered party in Rhode Island can declare a political principle on their candidacy forms. It's included on the ballot if it's no more than three words and doesn't mention any of the state's official parties: Democratic, Republican and Moderate.

Candidates in states with stricter ballot rules have gone as far as legally changing their names to show their experience or what they stand for. One accountant, for instance, changed his name to Robert Mead C.P.A. and was elected as Kentucky's state treasurer in 1987.

There's also some local precedent for Arcaro's designation. Of the three candidates running for Rhode Island's lieutenant governor in 2010, one ran on the "Hour With Bob" ticket, after the candidate's TV show. Another ran on the "Cool Moose" ticket, a reference to Rhode Island's now-defunct Cool Moose Party.

The third candidate, a Democrat, won. THE ASSOCIATED PRESS

NIGERIA

Some Chibok girls killed in airstrikes: Boko Haram

Some of the abducted Chibok schoolgirls have been killed by Nigerian military airstrikes, according to a new video from Boko Haram. The video shows one victim pleading for authorities to bow to the extremists' demands that they release detained militants in return for the girls. It's not clear how many schoolgirls have died. The video also shows a militant warning that if President Muhammadu Buhari's government battles Boko Haram with firepower, the girls won't be seen again. THE ASSOCIATED PRESS

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SWITZERLAND

Train attacker dead

The man who attacked passengers on a crowded Swiss train with a knife and burning liquid died of his wounds Sunday, as did one of his victims, a 34-year-old woman, Swiss police said. Three others remain hospitalized with serious wounds.

Police are still searching for a motive but said there's no indication the suspect, identified only as a 27-year-old Swiss man from a neighbouring region, had ties to extremist groups.

A 43-year-old woman, a six-year-old girl and 17-year-old girl remained hospitalized Sunday with serious injuries, one in critical condition, St. Gallen canton (state) police spokesman Hans-Peter Kruesi said. A 17-year-old youth and 50-year-old man wounded in the attack have been treated and released, he said.

Kruesi said all the victims lived in the St. Gallen canton.

Swiss police searched the suspect's home after the Saturday afternoon attack on the train as it neared the station in Salez, close to the Liechtenstein border. Kruesi would not comment on what evidence was seized at the home, but said "so far there are no indications this was a terrorist or politically motivated crime."

Police were not able to question the suspect before he died, Kruesi said, adding that the man had no criminal record and was not previously known to police.

According to a video of the attack evaluated by police, the assailant acted alone, attacking passengers on the train between Buchs and Sennwald with a knife and then burning liquid, which is now being analyzed by a police forensics team. THE ASSOCIATED PRESS

U.S. government declares Flint's water crisis is over

EMERGENCY DECLARATION

Michigan now bears full cost of ensuring clean supply

A U.S. federal emergency declaration over Flint's lead-tainted water crisis ended Sunday, but Michigan state officials said work continues to fix the drinking water system and provide services to city residents.

The end to the declaration means the state now bears the full cost of bottled water, filters and other water supplies. Federal resources, health programs and monitoring efforts will continue.

U.S. President Barack Obama in January signed the emergency declaration as Flint's crisis came to a head, after tests showed elevated levels of lead in the blood of some children.

On Thursday, Virginia Tech researchers who exposed the lead problem gave an upbeat assessment of the city's water quality. Still, environmental engineering expert Marc Edwards urged residents to drink only filtered tap water or bottled water while the system heals.

State officials say community water resource sites where residents can get bottled water, water filters, replacement cartridges and at-home water testing kits remain open in all nine city wards.

"Until the water meets quality standards, we will provide water supplies to Flint water system customers at the water resource sites," said state police Capt. Chris Kelenske, deputy state director of Emergency Management and Homeland Security.

> **Until the water meets quality standards, we will provide water supplies.** Capt. Chris Kelenske

Under the presidential declaration, the Federal Emergency Management Agency has been providing water resource assistance under a 75 per cent federal and 25 per cent state cost-sharing agreement.

Officials say that aside from Michigan taking on additional costs, Flint residents will not notice any loss of emergency services. THE ASSOCIATED PRESS

BY THE NUMBERS

Supplies distributed to Flint water system customers since Jan. 9:

- More than 2.2 million cases of bottled water
- More than 130,200 water filters
- More than 287,000 replacement cartridges
- More than 52,600 at-home water testing kits

SYRIAN REFUGEES CHILDREN LINE UP FOR AID Syrian children, who fled with their families from the village of Hawsh Nasri in Duma, queue to receive aid from an NGO in the village of Shaffuniya in Ghouta, east of the capital Damascus, on Saturday. Syria's conflict erupted in March 2011 and has since killed more than 290,000 people and drawn in world powers on all sides.
AFP/GETTY IMAGES

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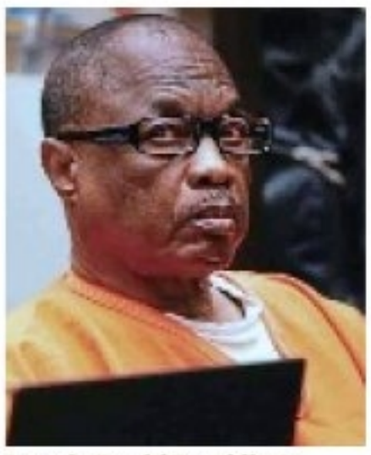
SERIAL KILLER

'Grim Sleeper' leaves a bigger mystery



Lonnie David Franklin Jr.
AFP/GETTY IMAGES

The death sentence of the "Grim Sleeper" serial killer last week put to rest a case that spanned more than three decades, but it left another mystery wide open.

Police are still trying to identify 33 women whose snapshots were found in Lonnie Franklin Jr.'s home after his arrest.

The images were part of a chilling discovery of nearly 1,000 photos of women or teenage girls — many nude and some who appeared to be unconscious or dead — hidden in Franklin's house. The collection included photographs of several victims, which leads police and prosecutors to believe Franklin left behind many more.

Detective Daryn Dupree said Franklin is one of the most prolific killers and could have killed as many as 25 women from the late 1970s until his arrest in 2010. That includes the period of 1988 to 2002 when police originally thought the killer took a break — an apparent hiatus that helped coin his nickname.

"I don't think he stopped because he was getting away with it," Dupree said. "I think he slowed down, but I don't think that big gap was as much as we thought it was."

Franklin, 63, was sentenced to die Wednesday for murdering nine women and a 15-year-old girl in South Los Angeles. Prosecutors outlined evidence of three additional slayings he wasn't charged with and two other women who went missing and they suspect he killed.
THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Monday, August 15, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

A bank teller in her 20s called me "Honey," Sweetie," and "Cutie" in the course of a single interaction. I'm in my 50s. I think this is disrespectful. What do you think?

Dear Ellen,

I was at a TD bank recently, where a woman in her mid- to late-20s was my teller. I am in my 50s. She called me "Honey" ("What denominations do you want, Honey") and then "Sweetie" ("Anything else, Sweetie?") and then said, "Thanks, Cutie." I said nothing. But, oh, how I thought about saying a lot. She was incredibly nice, and clearly good at her job. She (or someone there) must believe this is good customer relations. It's not.

Thoughts?

Insulted

Dear Insulted,

The TD teller is not the only culprit. Despite the fact that many of us Boomers still dress like teenagers, carefully colour our hair, and assiduously remedy (to varying degrees) any signs of aging on face or body, young'uns worldwide still seem to perceive us as "elderly" — and patronize the hell out of us.

The irony is annoyingly obvious. The generation that grew up on a mantra of "Don't trust anyone over 30" is now being treated as if WE are over 30!

Admittedly, when I was young, I viewed people older than myself as invisible, irrelevant, uninteresting and unimportant. So you might say I'm getting my just deserts.

The generation that grew up on a mantra of 'Don't trust anyone over 30' is now being treated as if WE are over 30!

As a Boomer, however, I reserve the right to instruct every succeeding generation on how to think and act. As my own dear mother, God rest her soul, used to say: Do as I say, not as I do. (Naturally, I dismissed most of her wisdom while she was alive. But it's surprising how much of it I remember and use now.)

So, dear Insulted, I completely agree that you are right to feel offended at being called "Honey," "Sweetie," and "Cutie." I myself tend to get called "Dear" and am now wondering why I never get called "Cutie." But I digress. My point is that it's wrong, disrespectful and rude to address anyone older than yourself as if they were a child, or in any way incapacitated.

This obviously applies to young-looking, vibrant, age-defying Boomers such as me and (presumably) you. But it also applies even if the person you are addressing is a senile, drooling centenarian in diapers. Yes, you are allowed to yell if they can't hear, spoonfeed them if they can't eat properly, dress them, lead them or carry them as necessary. You may also speak more slowly and clearly than you usually do, talk of childish things, and patiently repeat answers to inane questions ad nauseum.

But your mode of address must at all times remain properly courteous. Use their name, as you would with any contemporary. Banish all those condescending epithets from your vocabulary forever more. Speak to us old folks as equals, please, allowing us to retain whatever dignity we can in our declining years.

And hope to hell the next generation treats you with equal respect.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

If a change of heart is genuine, does it matter how or why it happened?

What does it take to change a mind?

Also: what should it take?

In Ontario, the arrival of a new sexual education curriculum last year revealed a minority and predominantly religious population staunchly opposed to aspects such as teaching diverse sexual identities, or really much about sex at all. Among them, Catholics.

And among Catholics, Angela Kennedy. But the chair of the Toronto Catholic School Board did an about-face on the issue this summer. After learning her son had been sexually abused as a boy, after he said a dispassionate and basic grounding in sex ed may have helped him recognize the abuse as such, after facing pressure from her other six boys and taking another look at the curriculum, Kennedy changed her mind.

The media widely reported her story, and some criticized her for needing a personal experience to "see the light," as it were. Then there's the question of Catholic backlash.

In an interview for my Nth Wave podcast, Kennedy described a fallout far more nuanced and surprising than one might expect. Instead of an onslaught of Catholic outrage, she's been receiving an outpouring of gratitude.

"There have been some negative comments, but it feels like 10 per cent are negative and 90 per cent are positive," she told me. So some Catholics were yearning for someone like them to support the curriculum? I asked.

"They were!" she said. "The principals at the schools are saying thank you, thank you, now we're OK to talk about this with our parents."

It's a sentiment that surprised her — how could her change be so freeing for others? But it has been, a fact that polling might help explain. A Forum Research poll conducted around the time of Kennedy's reversal found that 61 per cent of Catholics supported the curriculum.

Of those opposed, some have called for Kennedy's resignation. Others have taken one-on-one meetings with her in attempts to change her mind, again. She's tells them the same thing: "You should talk to parents, tell them to embrace the curriculum, and suggest that they stay close to their children and teach them the values that they want them to have." (Not a uniformly well-received response.)

Kennedy remains shocked at how silent the curriculum's supporters had been until she changed her mind. It makes her wish she'd done it sooner. But it wasn't easy: months in the making, under pressure from those she loved, in the face of political risk.

We may not like what it takes to change some minds. But among many of Toronto's Catholics, it appears to be well worth it.

Hear Rosie's talk with Angela Kennedy on 'Nth Wave': metronews.ca/podcasts

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Your essential daily news

Obesity may age the brain by 10 years, according to U.K. researchers

Flesh out the facts about meat

DIET

There's a new health enemy No. 1, but is it really that bad?

Sugar, salt, saturated fat. They've all had their turn in the spotlight, with studies and media reports vilifying each one for chipping away at your lifespan or increasing your risk of one disease or another.

But the latest headlines point the finger at a different health enemy: Meat.

"Eating more animal protein increases risk of death, plant protein reduces it," warned a CBC story in August, following the highly publicized release of a large U.S. study. "Meat in Modern Diet, Just as Bad as Sugar, Correlates with Worldwide Obesity," reads the headline of a research paper published earlier this summer. And last year, the World Health Organization's cancer agency classified processed meat like ballpark hotdogs and greasy bacon as a cancer-causing carcinogen, while declaring red meat such as beef, veal, pork, lamb and mutton as a probable carcinogen to humans.

"People want to blame something for their s----y health, and their s---y diet. Now it's meat. Before it was sugar. Before it was carbohydrates. That's just human nature," says Abby Langer, a Toronto-based registered dietitian.

There is, it seems, a war on meat — but the reality is more nuanced than the headlines.

> **People want to blame something for their s----y health, and their s----y diet. Now it's meat. Before it was sugar. Before it was carbohydrates.**
>
> Abby Langer, a registered dietitian

Much ado about meat

Criticism of a meat-based diet often focuses on environmental and ethical arguments, with food researchers and vegans alike highlighting everything from unnecessary cruelty to animals to the dire environmental impact of meat production.

In recent years, however, the dialogue has shifted, focusing more narrowly on the personal health impacts of our steak-craving, burger-guzzling Western culture.

As Hillary Clinton trotted along the campaign trail earlier this year, her husband was doing the same — lauding not only his wife's presidential ambitions, but also something else close to Bill's heart: His nearly meat-free diet. Adopting a mostly vegan lifestyle amid his ongoing heart troubles "changed my life," the former president told the media at a campaign pit-stop in Las Vegas in February.

He's a politician, not a doctor, but Clinton's view does line up with a growing body of evidence highlighting the risks of eating meat.

In Canada, a diet high in processed meat is 7th on a ranking of the top dietary risks for death, while a diet high in red meat is 14th, according to a 2015 report from the Canadian Medical Association.

Though the news seems dire for meat-lovers, other food experts paint a more complicated picture of meat's risks and benefits than headlines or statistics can convey.

The nuanced reality

Meat isn't "deadly," says Dr. Tom Wolever, a professor of nutritional sciences at the University of Toronto and medical staff member at St. Michael's Hospital. The bigger problem, he says, is portion sizes.

"Usually, you go to restaurants, and it's a huge portion of meat and one slice of carrot and not much else," Wolever says. "The portions need to be readjusted."

You can have a healthy diet and still eat meat in moderation, echoes Laura Rosella, a Canada Research Chair in population health analytics and an assistant professor at the University of Toronto's Dalla Lana School of Public Health.

"I think meat's being vilified a little bit, and the messaging isn't as nuanced as it should be," she says, adding the backlash began about five years ago.

Despite the furor, meat's nutritional benefits can't be ignored.

It's a valuable source of protein, vitamins A and B1, B12, niacin, iron, and zinc, notes Switzerland's 2015 review. It can also satiate hunger more so than other foods, Rosella says.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

From wackness to life and destiny

THE SHOW: The Get Down, Season 1, Episode 2 (Netflix)

THE MOMENT: The turntable lesson

In a secret apartment in a burned-out building in late-1970s Bronx, godlike DJ Grandmaster Flash (Mamoudou Athie) teaches his acolyte Shaolin Fantastic (Shameik Moore) to work a dual turntable.

"Now listen," Flash says, playing a dull stretch of song. "That is a void of useless nothing, the wackness. But —" he spins the record to a melodic hook, the get-down — "that is life and destiny."

Deftly, he spins one get-down while lining up the same spot on a second, identical disc, creating an endless, ecstatic loop of beat. Then he turns the volume down and lets both platters play while he slowly circles the room.

"You must be like Bruce Lee, never in disarray," he says. "Arrive, depart, the same every time." He flips the volume back on. The record is exactly on the get-down.

"How did you do that?" Shaolin cries.

"Because I know time," Flash purrs.

The first hour of this series, from acclaimed director Baz Luhrmann, is pretty disjointed. But stick with it, and you will spend the next several hours with a grin plastered to your face. Once he's established his milieu, the party begins — he soars from realism to magic realism, and keeps rising, like one of Flash's beats.

Luhrmann throws everything at the screen and doesn't care what sticks where: Kung Fu, disco, Star Wars, graffiti, audio cassettes, corrupt politicians, crooked developers, West Side Story, Arthurian legend, and a street gang straight out of Walter Hill's 1979 classic The Warriors. The result? Joy.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Baz Luhrmann's The Get Down soars from realism to magic realism, and keeps rising, like DJ Grandmaster Flash's beats, writes Johanna Schneller. CONTRIBUTED

YOU CAN DO THIS CARPENTER

'A career I genuinely care about'

WHY I LIKE MY JOB

Chris Palmer, 34, Custom Carpenter for Hand Crafted by: Chris Palmer – Oshawa, ON

I never knew how much I loved wood until I started working with it full-time.

As a kid I was transfixed by TV shows like The New Yankee Workshop, which I think is what motivated me to enrol in Humber College's industrial design program.

There, I gained valuable skills that enabled me to design and manufacture whatever I was passionate about.

Following graduation, I was hired on by a firm that specialized in the design of store displays; however, I noticed I was spending a lot of my spare time building things for fun in my garage.

I started crafting furniture for my sister, which ultimately inspired me to launch my custom carpentry business. Truthfully, I felt so much happier chasing a career that I genuinely cared about.

Since incorporating my business, I've been able to leverage my training in 3D CAD modelling and handcrafting to provide my clients with fully functional, long-lasting items like dining tables, sheds, garage doors, decks — you name it!

My philosophy is to simply allow my creativity to flow and to never give in to roadblocks.

THE BASICS: Carpenter

$48,568

Median annual salary for an intermediate-level carpenter. Those with advanced training and experience can earn upwards of **$76,000** annually.

+6%

Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.ca, onetonline.org and jobbank.gc.ca

HOW TO START

An apprenticeship program is the typical starting point for an aspiring carpenter. Most programs provide upwards of 5,400 hours of on-the-job training, enabling apprentices to earn a paycheque while in pursuit of a formal designation. Within four years, most apprentices will be fully trained for roles in residential and commercial construction, home renovations, furniture making and more.

WHERE YOU CAN GO

Carpentry is generally viewed as a safe, recession-proof industry. For one, the ongoing need for residential renovations and repairs has secured thousands of potential projects for years to come. Many opportunities exist in specialty woodworking shops, construction firms, manufacturing plants and government agencies. Alternative career paths include piecework carpentry (for those interested in crafting and repairing tables, chairs, cabinets or other wooden items) and self-employment.

NEXT CAREER STEP

An experienced carpenter may opt to pursue the Interprovincial Standards' Red Seal designation, which authorizes professionals to work anywhere in Canada. College and university programs may also be of value to craftspeople seeking advanced roles as superintendents, site managers, project managers or safety directors.

Thrifty vs. cheap

ADVICE

There's no shame in being smart with your money

Gail Vaz-Oxlade
For Metro Canada

I have known some cheap people. They are the folks who show up at a party with two bottles of beer and then drink a dozen.

They are the ones who leave the tax and tipping to every one else at the table. They're the friends who forget their wallets, offer to pick up the next one, cry poor at every turn but are happy to have you foot the bill.

Hey, nobody likes a tightwad, which is why jokes about being cheap make us laugh.

Ever hear the one about being tighter than paper on the wall? How about the one about squeezing a nickel 'til the beaver poops!

Thrifty is a whole 'nother matter. Articles abound about how to be thrifty with your shopping, cooking, entertaining, gardening, and gift-giving. And our focus on doing good for the environment (recycling, using reusable shopping bags, conserving energy) not only assuages our guilt, it's thrifty.

Benjamin Franklin was an apostle of thrift. He's famous for it and has left behind pithy little sayings like, "waste neither time nor money, but make the best use of both."

Your grandparents may not be famous, but they knew how to be thrifty too.

With lots of kids, far fewer financial resources, and NO CREDIT, they had to find ways to make do.

They actually did better than make do; they had good lives. Did you know that the root of the word "thrift" is "thrive?"

If you've been erroneously associating thrift with being cheap, perhaps it's time to reorient your thinking.

It isn't about being stingy. It's about building prosperity through careful management of resources.

It isn't about being miserly. It's about embracing a way of life that lets ordinary people have a good life while they save and share.

Happily people seem to be shrugging off the "cheap" label and enjoying the idea of thrift. With the scare of an economy that's tilted precariously, folks have decided to embrace their thrift and take better care of their pennies.

I'll willingly admit to being thrifty.

The way I do this (mostly) is by not spending money on crap I don't need.

If I need a lipstick, I buy a lipstick. I don't have 30 lipsticks sitting in purses and drawers.

If I want a new pair of shoes, I buy a new pair of shoes, but it's usually because I'm getting rid of a pair that's worn out, not because I'm adding to my "collection."

I hate throwing out food. I despise feeling like I've wasted my money on something because I didn't think about the purchase carefully. So I don't make myself feel bad. I do the thrifty thing and stay on the right side of my demons.

I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.

'I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.'

Gail Vaz-Oxlade

There are some things on which I spend a lot of money: books, plants for my garden, my pooch, Tabitha.

But that's money I have and I spend it liberally on purpose, not because I'm trying to impress or show off.

Being thrifty with your money is smart. Wasting it is dumb.

You get to decide which label you prefer.

For more money advice, visit Gail's website at gailvazoxlade.com

metro RIO

Canadian boxer Arthur Biyarslanov hinted at a move to the pros in a Facebook post after his loss to Germany's Artem Harutyunyan

PHOTOS BY GETTY IMAGES

1 **Golf's Rose-y return** — Great Britain's Justin Rose won the first golfing gold medal at the Olympics in 112 years Sunday, beating Henrik Stenson of Sweden by two strokes.

2 **Denied a medal** — Jennifer Abel of Laval, Que., finished fourth in the individual three-metre springboard.

3 **Repeat champ** — Andy Murray of Great Britain beat Argentina's Juan Martin Del Potro 7-5, 4-6, 6-2, 7-5 for his second consecutive gold in men's tennis singles.

4 **Marathon woman** — Jemima Jelagat Sumgong became the first Kenyan to win the women's Olympic marathon.

Penny campaigns for flag-bearer gig

RIO2016

Oleksiak the front-runner to lead Canada at Games' end

Her astonishingly successful summer job now over, Penny Oleksiak would like to do what teens around the world like to do: chill with her friends, hang with her family, play with her dog and take a respite from a whirlwind ascension to the top of Canada's summer Olympian mountain.

But if there's one task left, one more honour for the 16-year-old swim sensation to take care of, well, that'd be pretty neat, too.

"I think getting to represent your whole country at the Olympic Games would be awesome and to walk out holding the Canadian flag, I would love to do that," Oleksiak said Sunday during yet another media session to celebrate her unimaginable Olympic debut.

Canadian Olympic Committee officials won't reveal the name of the flag-bearer for next Sunday's closing ceremonies until much closer to the end of these Games but Oleksiak would be the odds-on favourite of the moment.

Her four medals — a gold, a silver and two bronzes — put her head and shoulders above any other Canadian athlete in Rio, her promising future would make her a natural symbol to lead Canada into the next Games quadrennial, her genuine niceness and something of an "aw, shucks" personality has endeared her to fans who wouldn't know a backstroke from a backbone.

She has become the face of the female-dominated Canadian team, a natural it would seem to lead the country out of Rio.

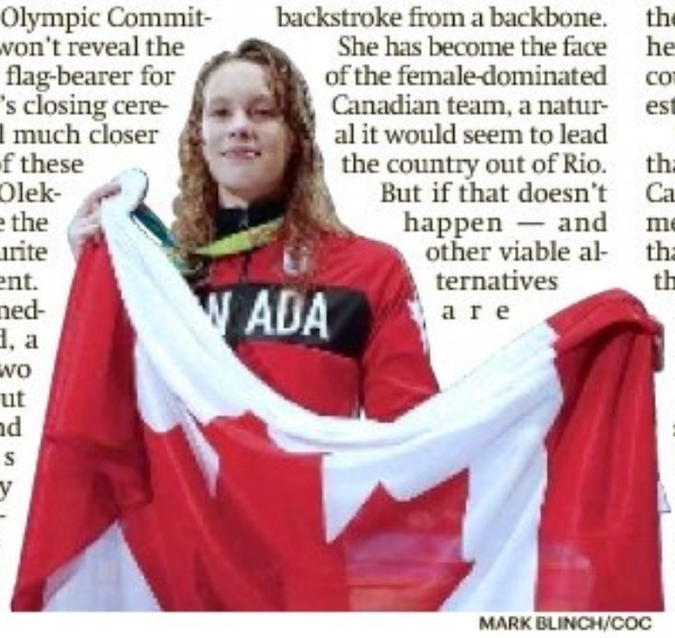
But if that doesn't happen — and other viable alternatives are sure to emerge in the second week of the Games — there could well be chances in her future.

Her coach, Ben Titley, figures Oleksiak could become a household name each four years for the foreseeable future. He's got her pegged as someone who could go down with the greatest of all time.

"It would be my intention that Penny actually becomes Canada's most successful summer Olympian ... In terms of that arena, why can't Penny be the most medal-winning Canadian athlete in the history of Canada?" he said.

"If she can handle everything else, and if she understands what it means to be an inspiration to people because of what she does as opposed to what people think she is, she can do whatever she wants to do."

TORSTAR NEWS SERVICE



MARK BLINCH/COC

RIO Trips to the podium

MacLennan leads Canadian charge Friday

Rosie MacLennan etched her name in Canadian Olympic history on Friday.

MacLennan delivered an impressive mix of flips, twists and jumps in her final routine to repeat as women's individual trampoline Olympic champion, becoming the first Canadian summer athlete to successfully defend an individual Olympic title.

Also Friday, Canadian rowers Lindsay Jennerich and Patricia Obee won silver medal in the women's lightweight double sculls and swimmer Hilary Caldwell added a bronze in the women's 200-metre backstroke.

Rosie MacLennan GETTY IMAGES

Theisen-Eaton claims heptathlon bronze medal

Brianne Theisen-Eaton of Humboldt, Sask., put a tough first day of the heptathlon behind her and fought back for a bronze medal Saturday.

Earlier in the day, Canada's track cycling team defeated New Zealand to win the pursuit bronze. Kirsti Lay, Allison Beveridge, Georgia Simmerling and Jasmin Glaesser made up the team. THE CANADIAN PRESS

metro SPORT

With Giancarlo Stanton injured, the Miami Marlins are discussing whether to reach out to recently released Alex Rodriguez.

Strong Stroman on cloud nine after taming Astros

MLB

Jays ace helped out by Martin and Tulowitzki to clinch series

Marcus Stroman continued his stretch of solid starts on Sunday afternoon, limiting the opposition to one earned run for the third time in five starts as the Blue Jays defeated the Astros 9-2.

Stroman (9-5) allowed two runs, one earned, on five hits while striking out eight. The 25-year-old has won three of his last four decisions after dropping four of his previous six.

"I've been feeling good lately," he said. "It felt like any other day, just got rolling and felt like I had pretty good action on my pitches early."

The victory moves the Blue Jays to a season-high 16 games above .500. Toronto (67-51) has now won six of their last 10 series, going 12-7 in that stretch. The Astros (61-57) have dropped consecutive games after winning four straight on the road.

Troy Tulowitzki and Martin hit back-to-back home runs in the fifth inning to blow the game open for the Blue Jays, who have now won nine of their last 13 in Toronto.

Tulowitzki put Mike Fiers' fastball into the second deck at Rogers Centre for a two-run home run giving the Blue Jays a 4-1 lead. Martin followed it up by taking Fiers' first pitch yard for his 10th homer of the season — it marks the seventh time this season the Blue Jays have hit back-to-back home runs.

Martin's long ball knocked Fiers (8-6) from the game. The Astros starter went 4 2/3 innings allowing five earned runs on seven hits while striking out seven.

"Hit some homers. Everybody always says, 'Well there's more to it than that', but that's accurate, that's what we do best," said manager John Gibbons of the Blue Jays out-scoring the Astros 16-9 in the three-game series. "We've got guys that when they're hitting them… the key is to get some guys on base and then pop one here or there."

Martin showed off his defensive game in the seventh, leaning into the Astros dugout to grab an Alex Bregman foul ball.

"You don't get those opportunities very often," Martin said. "It was just nice that it came up in a big situation and kind of sparked the guys after — them hitting the ball hard, weathered the storm a little bit and got us back in the right direction."

Edwin Encarnacion gave the Blue Jays a 6-2 lead, hitting a solo home run off of Luke Gregerson in the seventh. The homer ties Encarnacion with Baltimore's Mark Trumbo for the Major League lead (33).

Marcus Stroman picked up his ninth win of the season as he cooled off the Houston Astros' hot bats at Rogers Centre Sunday afternoon. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Toronto put up another three spot in the eighth, increasing its lead to seven.

Melvin Upton Jr. delivered an RBI single and later scored while Josh Donaldson was issued a bases loaded walk by Astros reliever James Hoyt.

The Blue Jays got to Fiers early, taking a 1-0 lead on Tulowitzki's RBI single in the first.

The veteran shortstop finished the day 3 for 4 with three runs batted in.

Astros shortstop Carlos Correa extended his hit streak to a career-best 10 games with a leadoff single in the second, and later scored on a Stroman throwing error tying the game 1-1.

THE CANADIAN PRESS

AL EAST

	W	L	PCT.	GB
Jays	67	51	.568	-
Orioles	66	51	.564	.5
Red Sox	64	52	.552	2
Yankees	60	57	.513	6.5
Rays	47	69	.405	19

THE ASSOCIATED PRESS

RIO2016

Lochte robbed at gunpoint

The U.S. Olympic Committee says Ryan Lochte and three other American swimmers were robbed by armed men who stopped their taxi.

USOC spokesman Patrick Sandusky says Lochte and the others left the French Olympic team's hospitality house early Sunday in a taxi headed for the athletes village, hours after the last night of Olympic swimming.

He says "the taxi was stopped by individuals posing as armed police officers who demanded the athletes' money and other personal belongings."

Sandusky says the four swimmers are "safe and cooperating with authorities."

Lochte swam in two events at the Rio Games, winning gold in the 4x200-meter freestyle relay.

Ryan Lochte GETTY IMAGES

Lochte and three other American swimmers were robbed at gunpoint early Sunday by thieves posing as police officers who pulled over their taxi and took cash and credit cards.

Nobody was hurt, but Lochte told NBA's "Today" show that one of the robbers put a cocked gun to his head and ordered him to get on the ground.

Street crime is among the litany of problems the Olympics has struggled with. Brazil deployed 85,000 soldiers and police to secure the first games in South America.

But last week a Brazilian security officer was fatally shot after taking a wrong turn into a slum, two Australian rowing coaches were attacked and robbed in Ipanema and Portugal's education minister was held up at knifepoint on a busy street.

In addition, stray bullets have twice landed in the equestrian venue, and two windows were shattered on a bus carrying journalists in an attack that local organizers blamed on rocks and others claimed was gunfire.

THE ASSOCIATED PRESS

GOLF

Moore holds nerve for John Deere win

Ryan Moore won the John Deere Classic on Sunday for his fifth PGA Tour title, closing with a 4-under 67 for a two-stroke victory over Ben Martin.

The 33-year-old Moore finished at 22-under 262 at TPC Deere Run, playing the final 46 holes without a bogey and making only one in 72 holes. He won for the first time since successfully defending his CIMB Classic title in Malaysia in 2014.

Martin had three straight back-nine birdies in a 68.

South Korea's Whee Kim shot 67 to tie for third with Morgan Hoffmann (71) at 17 under.

Moore birdied Nos. 2, 4, 9 and 10 and closed with eight pars. He had a five-stroke lead when Hoffmann bogeyed the 12th hole. Martin, playing with Moore in the final twosome, birdied Nos. 12-14, but couldn't get closer than two strokes. Martin parred his last four holes, and Hoffmann his final six. THE ASSOCIATED PRESS

IN BRIEF

Panthers shuffle staff

Carolina Panthers special teams co-ordinator Bruce DeHaven has decided to step down from his position and move into an advisory role with the team while continuing his battle with prostate cancer.

The team announced Sunday that Thomas McGaughey has been promoted to special teams co-ordinator and Chase Blackburn to special teams assistant.

THE ASSOCIATED PRESS

MLB

Betts belts three as Sox see off Greinke

Mookie Betts hit three home runs and drove in a career-best eight runs and Dustin Pedroia collected five hits to power the Boston Red Sox to a 16-2 rout of the Arizona Diamondbacks on Sunday.

Rick Porcello became the first Red Sox pitcher in 70 years to open a season 12-0 at Fenway Park, improving his overall record to 16-3 as Boston completed a three-game sweep of Arizona.

Betts had two chances to hit a fourth homer, but lined out to right and then grounded out in the eighth inning. The crowd chanted 'Let's Go Mookie!' before his final at-bat.

Outfielder Jackie Bradley Jr. chipped in with a two-run homer for the Red Sox, who closed a six-game homestand at 4-2.

Diamondbacks' staff ace Zack Greinke (11-4) was tagged for three homers and nine runs in 1 2/3 innings.

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Reds give Arsenal their Phil

PREMIER LEAGUE

Liverpool open with a bang, Man United cruise to win

A rampant Liverpool came from behind to beat Arsenal 4-3, while Manchester United began its new era under Jose Mourinho with a 3-1 win at Bournemouth in the opening games of their English Premier League seasons on Sunday.

Theo Walcott put Arsenal ahead at Emirates Stadium, but his side was soon overwhelmed after Liverpool levelled through Philippe Coutinho on the stroke of halftime and then raced into a 4-1 lead after the break.

Hit by injuries to Arsenal's first-team regulars, a youthful second-string defence was torn to pieces by Liverpool's fluent passing and clinical finishing in the second half. Classy goals by Adam Lallana, Coutinho and Sadio Mane put the Reds in control before Alex Oxlade-Chamberlain and Calum Chambers scored to give Arsenal hope, in vain.

Philippe Coutinho curls in a free kick against Arsenal at the stroke of halftime on Sunday at the Emirates Stadium. MIKE HEWITT/GETTY IMAGES

Liverpool manager Jurgen Klopp, in his first full season in charge, saw both sides of a sensational result.

"Scoring four goals is wonderful, conceding three is the opposite of that emotion," he said. "It was hard work but a deserved win in the end. It feels brilliant at the moment, actually.

"We were far away today from showing our whole quality," he added. "But we showed a few nice signs, a few not-so-nice signs."

The signs were not so encouraging for Arsenal, which already looks to be struggling to meet fans' expectations after finishing as runner-up to Leicester last season.

With his team booed off the pitch, as much for the club's lack of new signings as for another season-opening defeat, Arsenal manager Arsene Wenger pointed to Coutinho's equalizer as the turning point.

"Of course we are bitterly disappointed," said the Frenchman, who will mark his 20th year in charge next month. "It was a contrast between the two halves. We lost this game for many reasons and one of them is (the impact) of Liverpool making it 1-1 just before half-time."

No such excuses from Mourinho, whose first league game in charge of United was a far more comfortable affair and included a fine goal by 34-year-old Zlatan Ibrahimovic on his Premier League debut.

Juan Mata opened the scoring five minutes before halftime and captain Wayne Rooney headed United's second in the 59th before Ibrahimovic rifled home a shot from 25 yards. Adam Smith later scored Bournemouth's consolation goal.

Mourinho was delighted with the victory and Ibrahimovic, whose role at United is expected to go beyond the pitch.

"The first thing I can tell you is that his table for breakfast and his table for meals, he is surrounded by the young ones, surrounded by the kids," Mourinho said. "Luke Shaw, Marcus Rashford, these are the guys that are with him on the table. So he knows what he can be for them.

"But for the team, you have to forget the passport, you have to forget 34 years old, because the body and the mentality is not of a 34-year-old guy. So, I think he's at the top of his qualities."

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WEEK 1 MATCHES

SATURDAY
Hull City 2, Leicester 1
Swansea 1, Burnley 0
West Brom 1, Crystal Palace 0
Tottenham 1, Everton 1
Stoke 1, Middlesbrough 1
Watford 1, Southampton 1
Man City 2, Sunderland 1

SUNDAY
Man United 3, Bournemouth 1
Liverpool 4, Arsenal 3

MONDAY
West Ham at Chelsea

> **"The body and the mentality is not of a 34-year-old guy."**
> Jose Mourinho on Manchester United striker Zlatan Ibrahimovic

NFL

Montgomery eyeing Packers' WR job

As he lay on the ground, Ty Montgomery caught several passes thrown by wide receivers coach Luke Getsy from in front of and behind the young Green Bay receiver Sunday.

Even on what was supposed to be a day off for him from practice, Montgomery didn't feel compelled to just stand around as his teammates worked.

Finally back on the field after missing most of his rookie season in 2015 because of an ankle injury, Montgomery is playing catch-up as he tries to win back a roster spot.

"I'm excited to be a part of this competition right now," Montgomery said after practice Sunday.

The belated debut of Montgomery in training camp last week added to what's already been a highly competitive preseason battle among a deep pool of candidates at receiver.

And the return of Montgomery may have come at a good time since the Packers are without Jeff Janis for at least this week.

Janis suffered a broken right hand in practice Wednesday and didn't play Green Bay's first preseason game two days later. The third-year pro watched Sunday's practice with a cast on the injured hand.

Ty Montgomery GETTY IMAGES

The indefinite loss of Janis, who had a breakout game in the playoffs last season, comes as the Packers still are waiting on veteran standout Jordy Nelson (knee) to be activated from the physically unable to perform list.

After Nelson and fellow starter Randall Cobb, the Packers have several candidates making their case for the few remaining receiver spots to be filled for the start of the season next month.

"It's very, very competitive, but that's what you want," Montgomery said. "You know for a fact that the guys that do make the team are going to be really good guys, going to be some playmakers."

Taken in the third round of the draft, Montgomery played only the first six games last season before he sustained what turned out to be a severe ankle injury in a win over the Chargers on Oct. 18.

Montgomery had surgery on the ankle in December and spent the entire off-season as well as the first two weeks of training camp in recovery mode.

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IN BRIEF

Barca upend Sevilla to open Spanish Super Cup
Luis Suarez and Munir El Haddadi scored in the second half to give Barcelona a 2-0 win at Sevilla in the first leg of the Spanish Super Cup Sunday.

Arda Turan set up Suarez with a wonderful chested pass in the 54th minute after Denis Suarez found him in the area with a well-placed lob.

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Guce closes in on tour card
Clariss Guce moved into position to earn an LPGA Tour card for next season, winning the Decatur—Forsyth Classic on Sunday for her second Symetra Tour title of the year.

The 26-year-old former Cal State Northridge player closed with a 1-under 71 for a two-stroke win.

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Giants down key pair
New York Giants first-round draft pick Eli Apple has a strained knee and his status is being listed as day to day.

Coach Ben McAdoo also said Sunday that receiver Victor Cruz is still being bothered by a groin problem and is day to day.

THE ASSOCIATED PRESS

RECIPE Leek and Artichoke Frittata

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start your week off right with this light but creamy frittata. Leeks and artichokes give it gorgeous colour and delicious texture.

Ready in 20 minutes
Prep time: 5 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 leek, washed thoroughly, sliced thinly
- 1 can (14 oz) of artichokes, drained
- 8 eggs
- 1 Tbsp Dijon mustard
- Salt and pepper
- 2 oz goat cheese crumbled
- 3 scallions, sliced

Directions

1. Preheat the oven to 350 F.

2. In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.

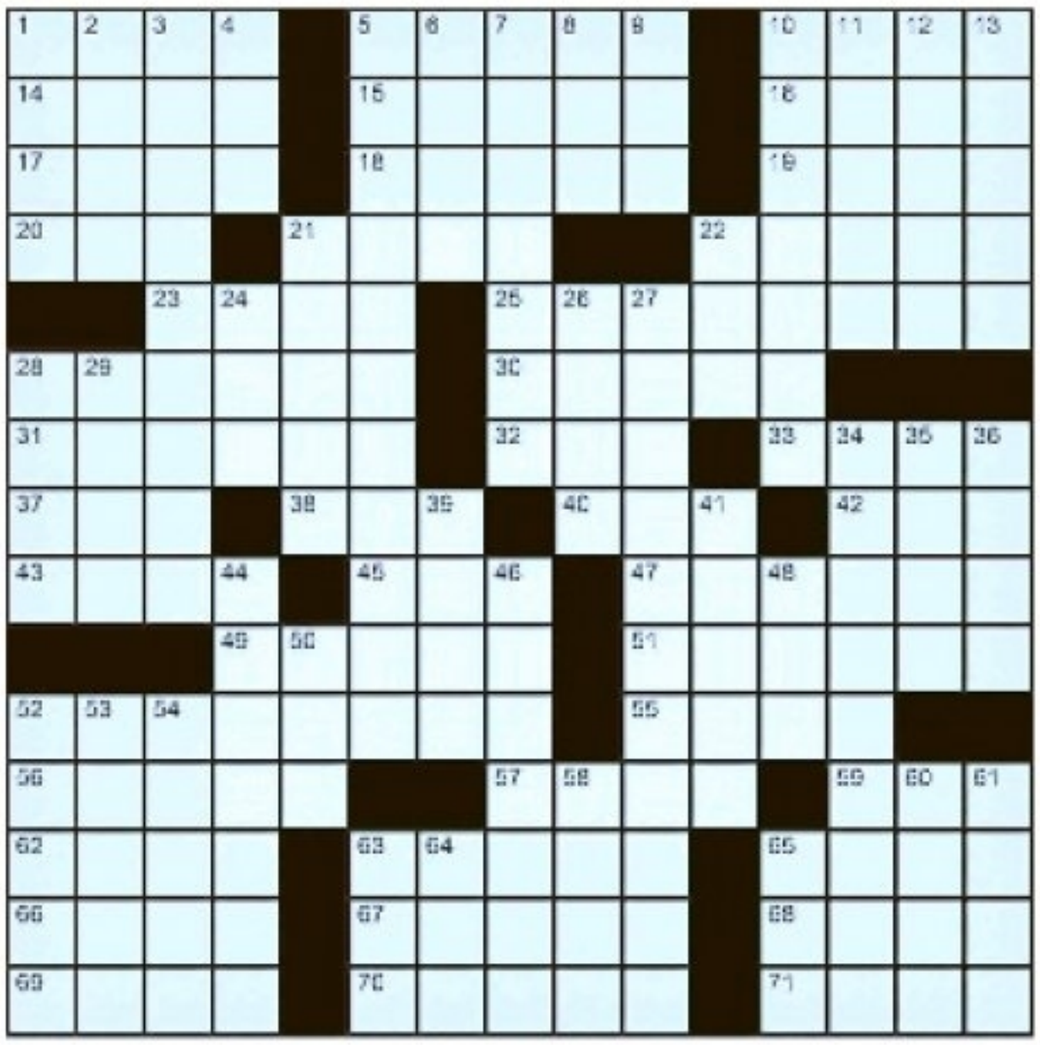
3. In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.

4. Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Olympic sport
5. Pesto ingredient
10. 1700, fancy-style
14. Snake, for one
15. 1st Greek letter
16. Spoken
17. Sulk
18. Pre-euro moneys
19. Canadian hardware store
20. Chemical suffix
21. L.A.'s state
22. Ransacks
23. Watered down
25. RIO 2016: Pool prop, sometimes: 2 wds.
28. RIO 2016: 1976 Summer Olympics location... Montreal, __
30. Theme
31. Not hurting, say
32. College campus gr.
33. Philharmonic gr.
37. Perform
38. Camel hair cloth
40. That fellow
42. Goth rocker's music
43. Heave
45. And so on [abbr.]
47. Maidens of ancient myth
49. RIO 2016: ITA is its IOC country code
51. RIO 2016: Ancient Olympics land
52. RIO 2016: __ Gymnastics
55. Pear variety
56. Poetic feet
57. Diving bird
59. W5 extra
62. One of Andy Warhol's Superstars
63. RIO 2016: Olympics land in 2008
65. Carrot dessert
66. Pate de foie ...quoi?
67. Skincare product
68. Monster
69. Leaky balloon sounds
70. Unyielding
71. Tide type

DOWN
1. Early-'80s hit: "She's a Bad Mama __"
2. Stratford-__-Avon
3. RIO 2016: They're randomly conducted to ensure athletes are 'clean': 2 wds.
4. Lyric poem
5. RIO 2016: Gymnastics apparatus: 2 wds.
6. 50 Cent's "Just __ Bit"
7. RIO 2016: Quick race events
8. Smashing Pumpkins co-founder James
9. __ Vegas
10. RIO 2016: IOC country where Casablanca is
11. Dribble
12. "Why __?" (Permission-pleader's query)
13. Necklace part
21. Cutlass __ (Oldsmobile model, formerly)
22. Flowery necklace
24. TV network
26. "Wooow!"
27. RIO 2016: Diving event
28. Li'l boggy spot
29. Donald Duck, to his nephews
34. RIO 2016: Chance for runners-up to continue to the next round in some sports
35. Crown corporation, e.g.
36. Stockings
39. Mythical Hun king
41. RIO 2016: The Discus Thrower sculptor of ancient Athens
44. Animal Planet rescue dogs show: 2 wds.
46. RIO 2016: 'Men's Omnium Points Race 6\6' is an event in what sport?
48. Not yous
50. Ordinal suffixes
52. RIO 2016: Men's gymnastics apparatus
53. Whiskers
54. Lettered gyms
58. R.E.M.'s "The __ Love"
60. Pod vegetable
61. Cry
63. Midpoint [abbr.]
64. __ polloi
65. Defraud

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is full of unusual, fun-filled possibilities! Unexpected invitations to social or sports events are likely. Romance and children could be sources of surprise.

Taurus April 21 - May 21
Something pleasant and unexpected will affect your home and family today. An impromptu gathering might take place. You might hear surprise news related to real estate.

Gemini May 22 - June 21
Road trips are just one reason you will see new places and meet new faces today. It's not a boring day! Stay light on your feet so that you can go with the flow.

Cancer June 22 - July 23
Keep an eye on your money and wealth today. You might find money; you might lose money. Protect what you own from loss or theft. A moneymaking idea might take off!

Leo July 24 - Aug. 23
This is an exciting day for Leos! Whatever happens, it is fresh, novel and different! You have a heightened perception of the world around you. Discussions will be frank.

Virgo Aug. 24 - Sept. 23
This is an exciting day for you. However, the source of your excitement is private or behind the scenes. Write down some of your clever ideas.

Libra Sept. 24 - Oct. 23
You will meet interesting people today. This could be because of a group involvement, the introduction of a friend or because you might be traveling. You love the stimulation.

Scorpio Oct. 24 - Nov. 22
Interactions with authority figures might surprise you today. Someone might do something you'd least expect; however, it will please you. (One hopes.)

Sagittarius Nov. 23 - Dec. 21
Sudden opportunities to travel will materialize today. (Again?) Likewise, chances to take a course or to get further training will excite you. You're going places!

Capricorn Dec. 22 - Jan. 20
Stay in touch with bank details regarding shared property, taxes, insurance matters and inheritances, because something unexpected will occur.

Aquarius Jan. 21 - Feb. 19
A friend or partner will surprise you by doing or saying something unexpected today. But the surprise might delight you. Something will make you feel liberated and younger!

Pisces
Feb. 20 - March 20
Opportunities for advancement exist at work today. Some of you will encounter new technology; others will meet new friends and co-workers. This is an exciting day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

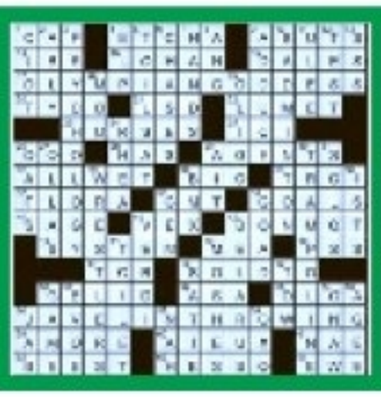
	8			7	9		4	
6					4			5
		9		1				
			7				2	1
1		2		9		3		6
9	6				1			
				4		2		
2			6					4
	1		9	8			7	

Difficulty Level ★★

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



3	9	1	4	7	2	6	5	8
6	2	7	8	3	5	9	4	1
4	5	8	1	6	9	7	3	2
2	7	6	5	4	3	8	1	9
1	4	5	7	9	8	3	2	6
9	8	3	2	1	6	5	7	4
8	6	2	3	5	4	1	9	7
5	1	4	9	8	7	2	6	3
7	3	9	6	2	1	4	8	5

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